

# Chair Yoga

## For Ages 55+



This class will cover seated, standing, postures, slow flow, meditation, pranayama (breathing exercises) and relaxation

Whatever your age, ability, or level of activity, you can benefit from Chair Yoga. It's one of the gentlest forms of Yoga available and is geared towards seniors, older adults, and those who lack mobility due to physical limitations, injuries, RA, etc.

Experienced yoga instructor and Holistic Health Educator, **Maria Lentine**, will help you gain energy, flexibility, balance and focus through modified poses, using a chair. This will strengthen and stretch your muscles as well as calm your mind through the use of Asanas, which are adaptations of Hatha Yoga poses.

Register early to ensure your spot

Ages	Days/Times	Dates	Fee	Code
55+	<u>Fridays</u> 11am-12pm	Jan 6-27	\$50R / \$63NR	214708 A1
		Feb 3-24	\$50R / \$63NR	214708 A2
		Mar 3-24	\$50R / \$63NR	214708 A3
		April 7-28	\$50R / \$63NR	214708 A4
		May 5-26	\$50R / \$63NR	214708 A5

Location	Wellington Community Center: (561) 753-2484   12150 Forest Hill Boulevard
Instructor Contact:	Maria Lentine: mflentine@msn.com
Special notes:	Must have your own yoga mat. Bring water, a small towel, a yoga block and strap.



### REGISTER ONLINE\*

You can register for most programs online at:  
[www.wellingtonfl.gov/webtrac](http://www.wellingtonfl.gov/webtrac)

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

\*First time participants must register in-person to establish a household in our system. **Proof of residency and age required.** Not all programs available for online registration. Visit [wellingtonfl.gov/activityregistration](http://wellingtonfl.gov/activityregistration) for more info.

### Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2<sup>nd</sup> class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

### Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

